

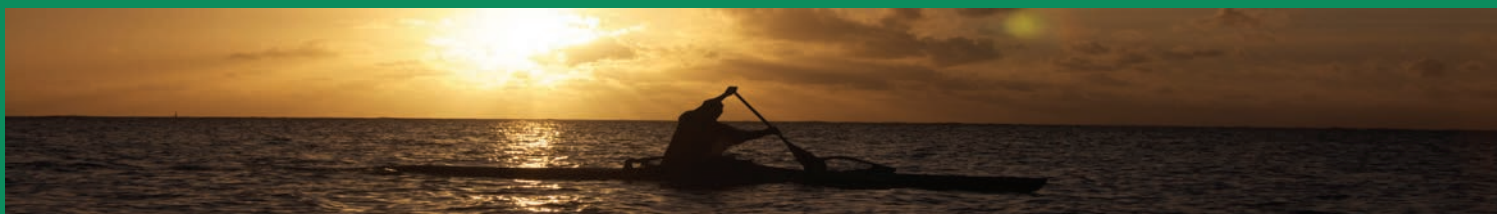
Online Mind/Body Program for Fertility



The
UNIVERSITY
of VERMONT

Fertility and Well-Being

Research suggests that psychological distress and fertility are connected, but we don't yet fully understand how. The information from this study will be used to better understand this relationship. Furthermore, we are interested in testing Dr. Alice Domar's Mind/Body Program designed to help individuals and/or couples cope with the physical and emotional impact of infertility by learning specific relaxation strategies and improving lifestyle habits.



Who

Individuals living with infertility who have not previously given birth to a child.

To participate you must:

- Be 18 years or older
- Have access to the internet

Where

Entirely online.

All questionnaires/program modules can be completed using your computer, smartphone, or tablet.

What

Part I

Includes questions regarding your physical and emotional health (60-90 minutes).

Part II

A 10 week Online Mind-Body Program.*

Part III

Includes questions regarding distress, pursuit of fertility treatment and pregnancy status (10 minutes).

** Part II of the study is for eligible/interested participants that completed Part I of the study. Participants will be randomly assigned to enter the Mind/Body Program or be placed on a waiting list.*

Compensation

Part I

Participants who complete Part I will be entered into a drawing to receive a \$25 Amazon gift card.

Part II

Participants who complete Part II have the possibility of participating in the Mind/Body Program (worth a total of \$780) OR up to \$25 in Amazon gift cards.

For More **Information**
Please Email Us

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